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Your essential daily news | WEEKEND, NOVEMBER 13-15, 2015 High 12°C/Low 8°C Rain

DRUNK WITH POWER
Liberals rule the stools at these Parliament Hill pubs
metroNEWS

BARRED BY BEIJING?
Miss World Canada contestant claims China is blocking her from pageant final due to political views
metroNEWS
CONTRIBUTED

Hikers irk rescuers

NORTH SHORE

Rescue team member pens frustrated blog

Tereza Verenca
For Metro | Vancouver

A North Shore Rescue member's blog post is making waves with its to-the-point message: winter has hit the mountains and Vancouverites don't seem to be prepared.

NSR volunteer John Blown ventured out to Mount Seymour on Wednesday for a hike with a friend. Upon his arrival, he was surprised to find how full the parking lot was.

"There were hundreds of people up there and a vast majority were wearing street shoes and jeans, had no backpack and no equipment," Blown told Metro. "People were slipping all over the place."

He said he even saw one hiker in cowboy boots and another in capri pants. The incident prompted Blown to write a blog for the rescue team's website, titled It's Not Summer. He explains how the mountain is covered in snow with bone-chilling temperatures at the top.

"As you get higher, the snow gets deeper; the trail turns into compact snow and ice. It's windy, so it's quite cold. I had my parka on and all my clothes and I was still freezing," Blown explained. "That seems to be one of the biggest challenges. We're finding that people ... are not really sure what exactly they're doing."

Blown's post has gotten more than 30,000 views. METRO

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metro NEWS

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New York's 'Map the Homeless' app blurs ethical lines. **Business**

B.C. approves $1.5-billion Hemlock Resort expansion

RECREATION

Sixty-year project will expand site to 6,000 hectares

Matt Kieltyka
Metro | Vancouver

Langley businessman Ralph Berezan says his intentions for Hemlock Resort were fairly simple when he bought the cash-strapped Fraser Valley ski hill in 2006.

"Like a used-car salesman, you always think you could do better than the last guy," said Berezan. "It was not the vision that we have today."

The vision Berezan was referring to is in the form of a $1.5-billion, 60-year expansion project, which will see Berezan partner with the local Sts'ailes Band to develop a 6,000-hectare (up from the current 350) year-round resort from the western shore of Harrison Lake up to the peaks of Hemlock.

On Thursday, the province's Ministry of Forests, Lands and Natural Resource Operations made its approval of the expansion plans public.

Berezan hopes moving forward with the project will help turn around the resort's fortunes.

The province approved an expansion plan for Hemlock Resort on Thursday that will turn the small Fraser Valley ski hill into a large all-season resort. There are 36 mountain resorts in B.C., which contribute about $1.3 billion annually to the economy.
COURTESY HEMLOCK RESORT

He's invested more than $10 million into the existing infrastructure at the four-lift ski hill and says he's taken a $2 million hit each year to keep it open.

The ski hill — which currently caters to families from Mission, Abbotsford and the rest of the valley — didn't even open last winter, as local mountains struggled with warm weather and record-low snowpacks.

> **I don't think it will be a world-class ski resort like Whistler — we're very blue-collar — but it'll be a big family-class resort.**
> Ralph Berezan

Plans for the resort include 20,000 bed units, 23 additional ski lifts, and a First Nations-themed residential village and marina on Harrison Lake.

Year-round activities will include mountain biking, hiking and ATVing.

The first phase of the expansion is touted to create the equivalent of 1,153 full-time jobs.

"We hope it will succeed," said Berezan, who said his group has the financing to move ahead with the expansion. "This one is very large. I don't think it will be a world ski resort like Whistler, we're very blue collar, but it'll be a big family-class resort."

Harvey Paul, Sts'ailes Chief, said in a statement the resort will help make sure tourism and recreation remains a key economic driver for the community, while respecting the area's environment and heritage.

According to the province, there are 36 mountain resorts in B.C., which contributes $1.3 billion annually to the economy.

1,153

The expansion project is being touted as a job creator. It's believed Phase 1 will inject the equivalent of 1,153 full-time jobs into the economy.

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Miss World Canada winner Anastasia Lin believes Chinese officials are deliberately withholding her travel visa to prevent her from taking part in the Miss World final next month because of her outspoken views on human rights abuses in the Communist country. CONTRIBUTED

'People are being silenced'

HUMAN RIGHTS

China blocking Miss World Canada, claims contestant

Thandi Fletcher
Metro | Vancouver

Soon after she was crowned Miss World Canada in May, Anastasia Lin says her father was threatened by Chinese officials because of her outspoken views on human rights abuses in the communist country.

Now the China-born actress, who went to high school in Vancouver, claims Chinese officials are deliberately withholding her travel visa to prevent her from taking part in the Miss World final, taking place in the Chinese resort city of Sanya on Dec. 19.

"This is not about me going to China for the pageant," Lin, 25, told Metro by phone. "This has been happening to a lot of Chinese people. People are being silenced, and no one has really had a platform to speak out about this issue."

She said she first began to suspect that she was being blocked from taking part in the international beauty pageant when she failed to receive an invitation letter from the Chinese government that she needs in order to apply for a visa. She said other contestants, like Miss Australia and Miss Scotland, had already received their letters by Oct. 30.

"I'm the only one that I know of who doesn't have this letter," Lin said.

"Miss World told me that they are doing everything they can to get this letter for me, but the Chinese just won't budge."

Foreign Affairs said Thursday it could not comment on Lin's case specifically.

But spokeswoman Rachna Mishra said the protection of human rights is an integral part of Canada's foreign policy and a priority in the country's longstanding relationship with China.

Lin, who made human rights part of her winning bid to become Miss World Canada, believes her public criticism of Beijing's policies may have harmed her chances of taking part in the Miss World pageant.

> **(My father) sent me a text message after I was crowned telling me that ... I must stop my advocacy for human rights in China, otherwise we have to walk separate ways.** Anastasia Lin

The actress and model, who also practises Falun Gong, testified before the U.S. Congress in July about religious persecution in China. She also plays the character of an imprisoned practitioner of the outlawed Falun Gong sect in an upcoming Canadian movie.

Falun Gong was outlawed as a threat to social stability in China in 1999.

Lin, who moved to Canada when she was 13, said her father, who still lives in China, told her he was proud of her when she was crowned Miss World Canada in May, but within a couple days, she said his tone changed.

"He sent me a text message a few days after I was crowned telling me that ... I must stop my advocacy for human rights in China, otherwise we have to walk separate ways," she said, adding that she believes her father was visited by Chinese security agents who forced him to apply pressure on her.

While she considered holding back from expressing her views initially, Lin said she later decided she needed to speak out to protect her father. If the world is watching, she said, she believes Chinese officials will be less likely to continue to pressure him.

Lin said she is hopeful that she will still be allowed to enter China and take part in the pageant.

"For Chinese people, if they get to see me go to China, I hope it will encourage them that they can speak their mind, and that they don't always have to fear the consequences," she said. "At some point, this has just got to stop."

Falun Gong

The controversial practice combines meditation and qigong exercises. It was deemed a threat in part due to its popularity and independence from the state. SOURCE: WIKIPEDIA

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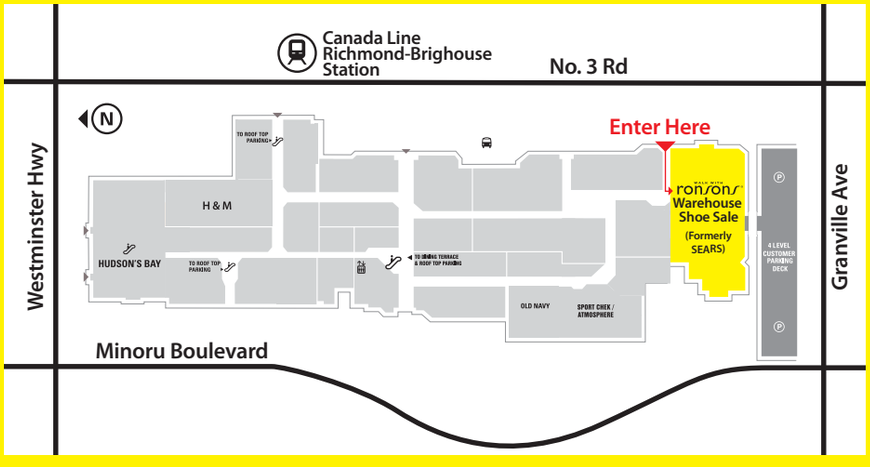

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Filmmaker Charles Wilkinson says the Haida Gwaiians are creating a sense of community that looks forward with anticipation rather than the fear so many other communities feel.
COURTESY CHARLES WILKINSON

Hope from the edge of the world

DOCUMENTARY

Haida people are building a better future

Graeme McRanor
For Metro | Vancouver

You'd think it be hard to find similarities between Haida Gwaii and New York City, the former a remote archipelago with 5,000 residents on British Columbia's North Coast, the latter being, well, New York City.

Each wild, in very different ways. But to Charles Wilkinson, who recently spent time in both filming and subsequently screening his documentary, Haida Gwaii: On the Edge of the World, the two locales share a common zeal.

"In both places, people feel it's a privilege to live there, and they love where they live. "New Yorkers, largely, are passionate about their city and Haida Gwaiians are just flat-out passionate about their archipelago. And it's really cool to be in a place that people care about, as opposed to a place where people are just living because they can get a good job there."

Haida Gwaii is one of the few places in North America where natives outnumber (and out-vote) non-natives. The film profiles a unique, inspired community that's striving to undo damage done by a century of relentless resource extraction.

"They've taken such intelligent steps, working together, to create a sense of community there that does look forward, and it looks forward with hope and anticipation rather than the terrified negativity that so many other communities feel," Wilkinson says.

After coming off two environmentally themed projects (Peace Out, Oil Sands Karaoke) that skewed towards pessimism, such contagious optimism was what drew Wilkinson and his partner (in life and "crime") Tina Schliessler to the islands.

"I see the three films as being all part of the same conversation," he says. "(But) the first two films of the series ended up being kind of depressing. So we were looking for something with hope on the horizon .... People have seen how badly we're doing. They're shell-shocked. It's like PTSD. I think we need some sense that we do have the power the change things."

"That's what we really wanted to do — provide some kind of roadmap for how one group of people have managed to seize some kind of control over their own destiny."

It is a group, Wilkinson says, that has endured 10,000 years of changing sea levels, climate change and cultural genocide. Now they're "working to turn their economy around, stop the fleet of oil-laden tankers targeting their sea lanes, and restore balance to the islands for the next generation — or die trying."

Because everything is connected to everything. As Allan Wilson, Haida hereditary chief explains in the film, "We don't own the animal kingdom. It's a part of us. It's family. Because everything has its part. And every part has its value. And every value contributes to our life."

SEE IT

Award-winning film
Haida Gwaii: On the Edge of the World won Most Popular Canadian Documentary at this year's Vancouver International Film Festival, Best Feature at Ottawa's One World Film Festival, and Best Canadian Documentary at Hot Docs International Film Festival.

It screens at the Vancity Theatre Nov. 20-26. More info at Viff.org.

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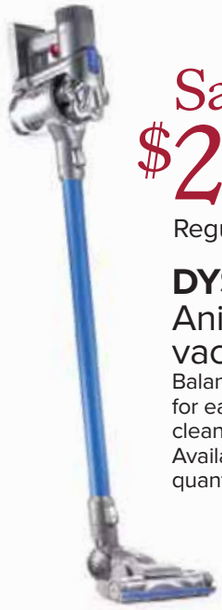

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Police mum on use of covert cellphone surveillance tech

SURVEILLANCE

Freedom-of-information request rebuffed

Vancouver police are refusing to disclose whether they use, or have ever considered using, a controversial mass-surveillance device widely adopted in the United States and vigorously condemned by civil liberty groups.

Earlier this year the Vancouver department rebuffed a freedom-of-information request asking for any records about a technology known as Stingray. The department claimed that divulging documents on the topic could compromise the effectiveness of the force's investigative techniques.

Pivot Legal Society, the Vancouver-based advocacy organization that submitted the original access request, has since filed an appeal with the province's information and privacy commissioner.

This undated handout photo provided by the U.S. Patent and Trademark Office shows the StingRay II, manufactured by Harris Corporation, of Melbourne, Fla., a cellular site simulator used for surveillance purposes. AP PHOTO/U.S. PATENT AND TRADEMARK OFFICE

Stingray is a device that imitates cellular communications towers in order to trick mobile devices within range to connect to it instead. The cell-site simulator is then able to intercept both text and audio communication, as well as extract internal data from connected devices and even pinpoint their precise locations.

"It's about police being able to gather information outside of the context of the court system," said Doug King, the Pivot lawyer who filed the information request. "It's an incredibly frightening proposition."

The American Civil Liberties Union has identified 57 agencies in 22 states that own Stingray devices, though the group said that number likely under-represents the actual total given how many agencies purchase the technology secretly. Known groups include the Federal Bureau of Investigation, the National Security Agency and the Internal Revenue Service.

King said he was especially troubled by American media reports about the Florida-based manufacturer Harris Corp allegedly requiring customers to sign non-disclosure agreements in order to purchase Stingray technology, pledging not to divulge any information about the device or even any interactions with the company.

"I think by saying the mere acknowledgment of its existence puts it at jeopardy is kind of a confirmation of exactly the concern we have about it: that this can only be effective if nobody has any idea they're being watched by the police," he said.

There have been no confirmed reports of the technology's use in Canada so far.

"If they're ever allowed to be used (here) then it's a no-brainer there needs to be judicial oversight," said King.

Canadians should be concerned about proper accountability measures being put in place, he added, especially given revelations over the past few years about the extent and intrusiveness of government surveillance. THE CANADIAN PRESS

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HUMAN RIGHTS

College seeks review of charges

British Columbia's agriculture minister says he is disappointed that a human rights tribunal decision finding discrimination against Indo-Canadian veterinarians is being challenged.

Norm Letnick has written a letter to the College of Veterinarians of British Columbia, saying there is no place for racism or prejudice.

"It is important that veterinarians in the province, especially those who were the victims of racism, have the confidence and certainty that they will be treated fairly and with dignity," he said in a statement.

The college is seeking a judicial review of a decision by the B.C. Human Rights Tribunal.

The tribunal decided last month that the college — which used to be called the British Columbia Medical Veterinary Association — engaged in systemic discrimination against 13 doctors who were born and trained in India.

The written decision said "race-based stereotypes" played a role in the way the college dealt with the veterinarians, "including negative generalized views about the credibility and ethics of Indo-Canadians in relation to their veterinary practices."

The college was ordered to pay each doctor between $2,000 and $35,000 for "injury to dignity," plus thousands of dollars for loss of salaries and expenses.

Letnick said the regulatory body for veterinarians in B.C. also needs to take steps to ensure it is operating in the best interest of the public and its members.

He wants the college to add cultural sensitivity language to its policies and conduct a review to see how other colleges avoid the perception of bad faith.

"The Human Rights Code applies to the college and all organizations in the province, and I expect the college to fully respect and support the Human Rights Code," Letnick said.

The minister's letter said he understands that the college has already taken steps to address discrimination, including eliminating an English language requirement and implementing a non-discrimination policy. THE CANADIAN PRESS

HIGHWAY 99

B.C. driver accused in cyclist's death denies he caused crash

The driver of a vehicle that struck and killed two cyclists on a British Columbia highway is denying responsibility for the crash.

Samuel Alec says in court documents that the death of cyclist Ross Chafe on Highway 99 near Pemberton last May was not due to his negligence.

Chafe's wife, Lizanne Bussieres, has sued both the owner of the vehicle and Alec, whom she alleges was impaired at the time of the collision.

Alec has filed court documents blaming the incident on Chafe.

Cyclist Kelly Blunden and vehicle passenger Paul Pierre Jr. were also killed in the collision.

The Insurance Corp. of British Columbia has filed documents in B.C. Supreme Court, also accusing Chafe of responsibility for his own death. THE CANADIAN PRESS

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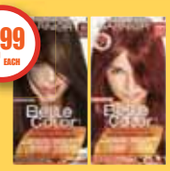

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Diwali Fest lights up memories

CELEBRATION

Organizer looks back on excitement of event in India

Tereza Verenca
For Metro | Vancouver

An Indian woman lights an earthen lamp in Amritsar on Nov. 10, the eve of the Indian festival of Diwali. NARINDER NANU/AFP/GETTY IMAGES

Rohit Chokhani's earliest memory of celebrating Diwali is from when he was around seven years old.

Like many of his neighbours and friends, he was burning firecrackers outside — a common practice during India's Celebration of Lights, which recognizes the triumph of good over evil and of light over darkness.

His younger sister was just learning how to "confidently hold them," when she accidentally hit him on the hand with one.

"It's kind of a funny story because I've got that mark on me right now, the burn, and it reminds me of Diwali," Chokhani, one of the producers of this week's Diwali Fest in Metro Vancouver, said with a laugh. "There are many other kid stories like that."

The now 34-year-old, who grew up in Mumbai and moved to Canada five years ago, said another part of his family's Hindu-based traditions included Sanskrit-based chanting and honouring.

> **Here, you can ... celebrate it with other diverse groups. It's unique.**
> Rohit Chokhani

"I remember my grandparents would take out all the currency notes of various denominations and put one of them next to the idols. Then we actually worshiped those coins and notes as a way of expressing gratitude and honouring the wealth that came and blessed us to be able to survive through the year," Chokhani said.

His home, he recalled, was always decorated with lights, both inside and out. Every corner, shelf and window sill had a diya (an oil lamp). Elaborate sand art known as rangoli was near the door to greet guests, who were expected to be treated like gods and goddesses.

After spending the morning at home, Chokhani and co. would head out and visit friends and family, sometimes up to 25 people in a day.

"In India, it never stops. You just go and visit as many houses as you can," Chokhani added. "Basically the whole country comes to a stand still for this massive celebration. The entire country is super, super loud and noisy."

Then there was the giving of gifts and the exchange of sweets, like pedhas, which Chokhani described as "basically sugar."

While nothing will ever compare to the magnitude and feel of India's Diwali, Chokhani said one of the reasons he got involved with Diwali Fest three years ago is because it brings so many cultures together.

"In India, you don't get to celebrate it with say the Philippine and the Chinese people. Here, you can make it multicultural and multinational and celebrate it with other diverse groups," he said. "It's unique."

The 12th annual Diwali Fest wraps up on Sunday, but before then, there's the Diwali Downtown Surrey event on Saturday. For more information, visit diwalifest.ca.

Rohit Chokhani CONTRIBUTED

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WILDLIFE

Low salmon returns prompt urgent meeting

Members of the First Nations Wild Salmon Alliance in British Columbia have written to federal Fisheries Minister Hunter Tootoo, requesting an urgent meeting to discuss plunging salmon returns in the province's rivers.

The alliance's Chief Bob Chamberlin says six million sockeye salmon were forecast for the Fraser River this year, but only two million fish arrived, while 14 million pink salmon were expected, but barely one-third showed up.

The collection of B.C. First Nations that work to protect wild Pacific salmon stocks says the decline comes as the provincial government approves an increase of industrial effluent into the Fraser.

Chamberlin says Tootoo must take immediate action, including a moratorium on all salmon aquaculture ventures on the West Coast.

Elsewhere in B.C., the Tsilhqot'in and St'at'imc nations have joined forces to protect mule deer migration trails in a narrow strip between the Fraser River and South Chilcotin Park, northwest of Lillooet.

The two nations have banned Tolko Industries from further logging in the region, saying they have not given consent for such extensive cutting.

THE CANADIAN PRESS

Six million sockeye salmon were forecast for the Fraser River this year, but only one-third of that made it. THE CANADIAN PRESS

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IN BRIEF

Whistler to open early
Whistler Mountain will open a week ahead of schedule, according to the resort. Favourable early season conditions have allowed crews on Whistler to prepare for an early opening of Thursday, Nov. 19.

It says five lifts will be running at first, including the Whistler Village Gondoloa, Creekside Gondola, Emerald Express, Big Red Express and Franz's Chair. Blackcomb Mountain will open Nov. 26, as originally scheduled.

MATT KIELTYKA/METRO

NHL player to enter plea after 2013 grizzly shooting
An NHL player accused of illegally shooting a grizzly bear is expected to enter a plea in a Vancouver court on Friday after several adjournments in the case. Clayton Stoner of the Anaheim Ducks faces five charges for a hunt in 2013 on British Columbia's central coast.

Charges against Stoner, who hasn't lived in his Vancouver Island hometown for years, include knowingly making a false statement to obtain a hunting licence.

THE CANADIAN PRESS

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B.C. dog-themed wedding hit online

SOCIAL MEDIA

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Thandi Fletcher
Metro | Vancouver

When Shandess Griffin got engaged last June, she immediately knew she wanted to include her dogs in her wedding.

For the Maple Ridge, B.C., animal lover, who runs a doggy daycare, it was especially important considering her fiancé included their four pooches in his marriage proposal.

"They actually helped him ask me to marry him," she told Metro, explaining how now-husband Jason Griffin used messages tied around the dogs' necks to pop the question. "So it was kind of always in my mind that whomever I married, dogs would have to be a part of it."

But when the big day arrived, even the pooch-loving pair didn't anticipate seeing their Samoyed named Zero, Bernese mountain dogs Holden and Arbor, and Australian shepherd mix Navi take part both in their wedding photo shoot and their reception.

They also weren't expecting to see their dog-themed nuptials bark up a storm on social media. Photos of the dogs, sporting custom-made bowties, at the wedding have been liked up to a million times each on photo-sharing website Imgur.

> **They were like the greeters of our whole reception.**
> Shandess Griffin

The canine-crazed couple recently tied the knot at Long Beach Lodge in Tofino, B.C., and had originally hoped to have their dogs accompany Shandess down the aisle. But on the day of the nuptials, wet weather quickly put a damper on that plan.

"We couldn't do that because the beach was pouring rain," Shandess said. "The venue wouldn't allow the dogs in the restaurant area, so I was pretty sad about that."

But after the ceremony and photos, Shandess said she was overjoyed when restaurant staff told her they had changed their minds and that the dogs could come to the reception.

The newly-weds included her two older dogs, Zero and Holden, in their first dance, and had all four pooches in the restaurant during the wedding festivities.

Shandess said she was overjoyed that her furry family members could be included in her special day after all.

"They were like the greeters of our whole reception," she said with a laugh. "Everybody loved them."

Maple Ridge, B.C., couple Jason and Shandess Griffin recently tied the knot in Tofino with their four dogs, and a friend's dog, by their side. CONTRIBUTED

IN BRIEF

Man who tried to march naked gets court date

A 49-year-old Kelowna man is expected to appear in court early next year after trying to march in a Remembrance Day service while he was naked. RCMP spokesman Const. Jesse O'Donaghey says the man joined a parade Wednesday at about 11:30 a.m., following Remembrance services.

O'Donaghey says the man didn't pose any threat to the public and was removed within about 30 seconds. The man, whose name has not been released, faces a possible charge of causing a disturbance. He was briefly held in custody but has been released on an order to return to court on Jan. 11.

THE CANADIAN PRESS

Metro Vancouver storm to bring wet, windy weather

Metro Vancouver residents are being warned about a nasty storm bringing heavy rains and blustery winds to the region. Environment Canada says the storm has moved onto the south coast and is expected to bring up to 80 millimetres of rain and winds gusting up to 70 kilometres an hour.

The agency warns the North Shore and Fraser Valley will likely see more than 100 millimetres of rain. Environment Canada says the downpours are likely to prompt flash floods and cause water to pool on roads, and the winds may break tree branches and toss loose objects. Drivers, pedestrians and cyclists are urged to use extra caution.

THE CANADIAN PRESS

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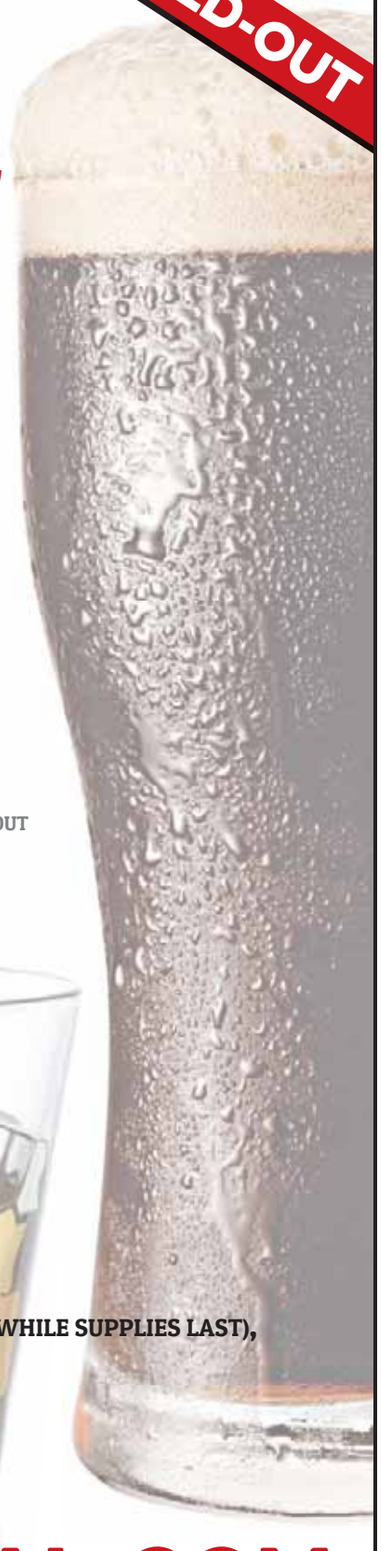

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Squamish district councillor Susan Chapelle has been calling for a trained forensic nurse in the region for years. DARRYL DYCK/THE CANADIAN PRESS

Nurse to train to handle rape kits

SEXUAL ASSAULT

Victims will be able to get tested in Squamish

A public health nurse will soon be available to administer rape kits in Squamish after a years-long fight by local advocates to remove barriers to justice for sexual-assault victims.

Vancouver Coastal Health has announced that a nurse will be available as of mid-December to offer the forensic exams, which collect evidence after an assault for a criminal prosecution.

The news comes after The Canadian Press reported last month that victims in the Sea-to-Sky corridor, which stretches from Horseshoe Bay to Pemberton, had to travel for hours to access kits at a Vancouver hospital.

Squamish Coun. Susan Chapelle and the Howe Sound Women's Centre have been calling for a trained forensic nurse in the region for years, and on Thursday Chapelle said she was thrilled.

"Exciting news — one hospital though," she said. "It's one nurse in one hospital. Really, B.C. had 19 hospitals without forensic nurse care and now we have 18 hospitals without forensic nurse care."

Across Canada, many hospitals lack trained staff to administer the kits. Thirteen health centres in southern B.C. can provide the exams, while doctors in all 24 northern hospitals have the necessary training.

Chapelle has said victims sometimes had to take a trip in the back of a police car to Vancouver General Hospital, where they could get the exam.

The councillor was raped as a young woman, a fact she has spoken openly about to draw attention to hurdles in the justice system.

> **B.C. had 19 hospitals without forensic nurse care and now we have 18 hospitals without forensic nurse care.**
> Coun. Susan Chappelle

She said Vancouver Coastal Health has long been discussing the issue with community members and doctors, but it lacked the resources from the Health Ministry.

Laurie Leith, director of the health authority's coastal region, said funding was just one roadblock of many, including how to make the exams available around the clock.

"There's never new funding (that) comes with these types of programs, so we have to look at our existing resources and figure out how best we can make it happen," she said.

Ultimately, the cost was kept low by selecting a public health nurse who is already on the payroll. She'll receive three days of training on how to administer the exams and be on call to Squamish General Hospital.

The main expenditure for the authority is $10,000 on new equipment, including a locked freezer to store evidence.

The kits will initially only be available on weekdays, but Leith said some local doctors have expressed interest in getting trained. Eventually they will form a team with the goal of being available on a 24-hour basis.

Leith said it was extremely important to remove barriers to women who want a forensic exam. But the authority isn't currently looking at making kits available in other hospitals, such as Lions Gate Hospital in North Vancouver.

"Is a half-an-hour trip across the bridge a barrier to care? I'm not sure I can answer that right now, but possibly it's something to be explored in the future," Leith said.

"We haven't heard the same pressure from the community as we have in the smaller rural centres." THE CANADIAN PRESS

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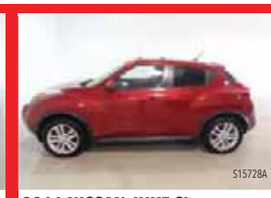
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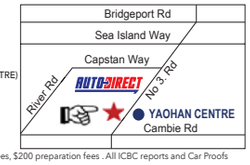

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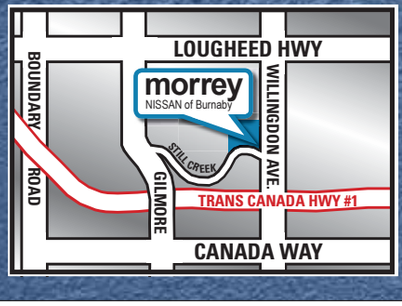

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Ever wondered where politicians and parliamentary staff hang out after a long day of important decision-making and problem solving? Some of Ottawa's many pubs and restaurants are frequented by the likes of federal party leaders and their caucuses — and you may be surprised at how much information is shared over a glass of Chardonnay.

1 He knows just how you like your martini — Xavier McNeill mixes a martini behind the bar at Zoe's Lounge inside the Fairmont Chateau Laurier.

2 An elegant pour for those on the floor — Bartender Elizabeth Gould pours a glass of Sancerre Daniel Chotard inside Luxe Bistro in the ByWard Market.

3 Getting to the pint — From left: Ian McKierahan, Paul Sanderson, and Rob MacDonald wind down with some pints at Sir John A Pub on Elgin Street.

POLITICAL BUZZ

Jessica Murphy

One of the first signs of a power change in political Ottawa is the sight of the Liberals creeping back into D'Arcy McGee's.

The venerable Sparks Street bar had been home to a political tussle when Stephen Harper's Conservatives came to power in 2006 and, early on, ousted the Liberals from the favourite watering hole, says photographer Mitch Raphael, who has covered the Ottawa social scene for years.

But nine years later, with Justin Trudeau's Liberals back in power, D'Arcy McGee's is looking more and more like a resurgent Grit hangout in the post-federal election power shift.

Ottawa's 5-to-7 after-work hours are an "incredible time for information sharing," say Greg MacEachern, vice-president of government relations at Environics.

"Despite all our mobile devices, a lot of information in Ottawa is transmitted over a glass of wine and an hors d'oeuvre," he said.

Photographer Raphael says there's a definite drinking culture on the Hill.

"There's a reason they all have (drivers)," he said.

There are a few factors that go into making a spot a regular hangout for political power players and their hangers on — chief among them proximity to Parliament Hill.

> **The top spots are ... Metropolitain, D'Arcy's, Hy's and Brixton's.**
> Greg MacEachern

"The top spots are — you can almost draw a straight line — Metropolitain, D'Arcy's, Hy's and Brixton's," MacEachern said.

With the historic Hy's Steakhouse closing shop next year, the up-and-coming Bier Markt is still central in the city's political topography.

There are several factors that influence where politicos hang out. Beyond location, service counts. Having a favourite drink appear magically on the bar at a given establishment is an experience that has won over the hearts and the wallets of many a political staffer.

Then there's partisanship — a Liberal pub, an NDP bar, a Tory brasserie — with political tribes staking claims to specific spots even though the businesses themselves welcome all customers.

Summa Strategies consultant Angela Christiano also expects an uptick in official receptions in early 2016 as stakeholder groups try to get their issues on the Liberal government's radar and build relationships with new MPs and their staff in a social setting.

"It gives that casual opportunity to have an off-the-cuff conversation," she said.

With upwards of three events a night being hosted on and around the Hill at peak times in the political calendar, it makes for a busy reception circuit.

"We call it speed dating for MPs," said MacEachern.

THE LUXE

Another bar to look out for

The night before he was sworn in as prime minister, Trudeau, his top aides and the entire soon-to-be Liberal cabinet gathered at the Luxe bistro in the ByWard Market for a private party.

POLITICS

Be nice, Trudeau tells new cabinet

Working well with others — including people in the media — is now officially part of the job description for Canadian cabinet ministers.

The "mandate letters" given to every minister are setting a new bar for co-operation in Justin Trudeau's government, according to one letter obtained in advance of the expected public release.

In fact, if the sheer word volume in these letters is any indication, co-operation seems to be the top item on the to-do list of Trudeau's team.

Ministers are being warned that they will be judged by how well they treat a whole raft of people — everyone from business to labour, stakeholders and citizens, and yes, the opposition and the media too.

"Members of the Parliamentary Press Gallery, indeed all journalists in Canada and abroad, are professionals who, by asking necessary questions, contribute in an important way to the democratic process. Your professionalism and engagement with them is essential," the letter states.

> **No relationship is more important to me and to Canada than the one with Indigenous Peoples.**
> PM Justin Trudeau in a letter

This is, we'll remember, a slightly more formal way of saying what Trudeau told a crowd of people booing reporters during the last week of the election campaign. "Hey! We have respect for journalists in this country," Trudeau chided unruly Liberals at a campaign stop in Montreal. "They ask tough questions and they're supposed to. OK?"

One group of people is singled out as well in the mandate letters for special treatment from government. "No relationship is more important to me and to Canada than the one with Indigenous Peoples," the letter states.

TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau is warning his ministers that they will be judged by how well they treat the people they liaise with and represent. FRED CHARTRAND/THE CANADIAN PRESS

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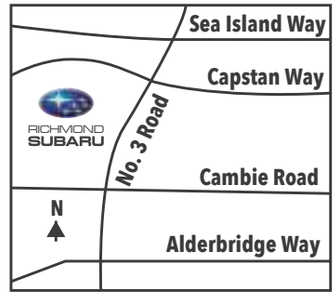

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EU's passport-free area under threat

EUROPE

Nations take action to slow huge influx of migrants

Slovenian soldiers set barbed wire fences on the Slovenian-Croatian border near Rakovec on Thursday. AFP/GETTY IMAGES

Passport-free travel in Europe is under threat as countries reintroduce border controls, toughen security and build fences in response to the biggest refugee emergency the continent has seen in decades.

The Schengen open-borders zone uniting 30 countries is a pinnacle of European achievement. It underpins the EU economy, allowing goods, services and people to cross frontiers without checks.

But Sweden says security at its borders cannot be assured and announced checks were resuming on Thursday, while tiny Slovenia has begun erecting a fence to stem the flow of people from Croatia, the second nation, after Hungary, to resort to such a measure.

These uncoordinated and unilateral actions in response to unpredictable movements of thousands of people have raised fresh doubts about whether the passport-free area can survive the migrant challenge.

"Saving Schengen is a race against time," EU Council President Donald Tusk warned on Thursday after a migration summit with European and African leaders in Malta.

He cited individual moves by Germany, Sweden, Slovenia and others in response to what they see as threats to their border security from the tens of thousands of migrants streaming in from Africa, the Middle East and Asia.

"Without effective control of our external borders, Schengen will not survive," Tusk said.

The two-day summit was meant to focus on how to send back to Africa those who don't qualify for asylum and discourage others from attempting the risky journey across the seas in search of a better life.

THE ASSOCIATED PRESS

BURUNDI

UN decries killings amid genocide fear

A Burundian soldier guards a street in the troubled nation. THE ASSOCIATED PRESS

The UN Security Council unanimously approved a resolution Thursday condemning killings in Burundi and threatening sanctions, while international leaders urgently called for the government and opposition to meet amid fears the African nation is at risk of genocide.

Witnesses say the killings, torture and human rights violations are the result of a government crackdown on opposition members. Statements by Burundian officials last week echoed language used in the 1994 genocide in neighbouring Rwanda, where more than 800,000 ethnic Tutsis and Hutu moderates were slaughtered in a campaign orchestrated by Rwanda's Hutu-majority extremist government.

Like Rwanda, Burundi has a history of tensions between its Hutu and Tutsi ethnic groups. At least 240 people have been killed in Burundi since protests began in April against President Pierre Nkurunziza's ultimately successful quest for a third term.

"We know that in the worst case what we're talking about is a possible genocide, and we know that we have to do everything we possibly can to prevent that," Britain's UN Ambassador Matthew Rycroft said after the council vote.

THE ASSOCIATED PRESS

ZIMBABWE

Mister Ugly contest draws record number of entries

Zimbabwe's Mister Ugly William Masvinu has tough competition in this year's pageant due to a record number of entries. For the first time since the event began in 2011, organizers will hold preliminary rounds to whittle the number of hopefuls from 36 to 12 who will compete in the Nov. 20 finale. THE ASSOCIATED PRESS

CHARLIE HEBDO

Newspaper needs 'new team'

A surviving member of Charlie Hebdo's editorial staff says the satirical newspaper devastated by this year's terror attack needs a new team, but that the publication is more important than ever.

Patrick Pelloux, a writer and doctor who was among the first to arrive at the Charlie Hebdo offices in Paris after the Jan. 7 massacre during a staff meeting, announced he was leaving in September, shortly after the last issue featuring drawings by Luz, a surviving cartoonist who also left.

In an interview Thursday with iTele, Pelloux said the newspaper, attacked by French Islamic extremists who said they were avenging its cartoons of the Prophet Muhammad, needed people to help "rediscover the meaning of caricature."

Pelloux released a book this week honouring his slain colleagues.

THE ASSOCIATED PRESS

ON THE COVER

Quick on the draw

Charlie Hebdo mocked religions, including Islam's Prophet Muhammad. Luz drew the cover cartoon — a weeping Muhammad, saying "All is forgiven" — in the issue following the attack, which left 12 people dead. THE ASSOCIATED PRESS

SOUTH KOREA

Court upholds life sentence

South Korea's top court on Thursday upheld a life sentence for the captain of a ferry that sank last year, killing more than 300 people, most of them teenagers on a school trip.

The Supreme Court upheld a lower court that sentenced Lee Joon-seok, 70, to life imprisonment for charges that included homicide, the court said in a statement. The court ruled that Lee committed homicide by "wilful negligence," concluding he fled his ship without giving an evacuation order, although, as captain, he is required by law to take measures to save his passengers.

The court also upheld prison terms of 18 months to 12 years for 14 other crew members who faced similar charges of negligence and passenger abandonment, but weren't found guilty of homicide or avoided such charges because they were subject to Lee's orders.

A total of 304 people died when the ferry Sewol sank off South Korea's southwest coast in April 2014 in one of the country's deadliest maritime disasters. Most of the victims were from a single high school.

Lee and his crew members have been the targets of fierce public anger because they were among the first people rescued from the ship when it began badly listing.

THE ASSOCIATED PRESS

MYANMAR

Military reaches out to NLD as the party nears majority

Calendars featuring Myanmar opposition leader Aung San Suu Kyi are on sale in Yangon on Thursday. AFP/GETTY IMAGES

Myanmar's official vote count inched closer Thursday to confirming a parliamentary majority for Nobel laureate Aung San Suu Kyi's opposition party, as the military establishment that has been her nemesis for decades appeared ready to toss in the towel.

While the army has not conceded defeat for the ruling pro-military Union Solidarity and Development Party, it has acknowledged the massive success of Suu Kyi's National League for Democracy in Sunday's election and pledged it will respect the final results. Those results seem virtually certain to allow the opposition to take over the government.

The office of army commander Senior Gen. Min Aung Hlaing said the military will hold talks with Suu Kyi after the election results are complete. Suu Kyi issued an invitation on Wednesday for a meeting with the commander, along with President Thein Sein and House Speaker Shwe Mann.

Results issued so far by the Union Election Commission support unofficial numbers from the NLD and local media pointing to a landslide win for the pro-democracy crusader and a resounding rejection of military rule. While the opposition may soon have enough confirmed seats for a parliamentary majority, it could still be another week or so until all votes are tallied.

Attention is riveted on what has been called the "magic number" for Suu Kyi's party. The election commission's latest announcement Thursday showed the NLD needs just two more seats to reach the 329 it needs for a majority in the 664-member, two-house Parliament.

THE ASSOCIATED PRESS

Kari Kivela, head of design at Ouraring, shows a "wellness" ring at Slush 2015. THE ASSOCIATED PRESS

Gadgets move past fitness bracelets

TECHNOLOGY

Devices aim to cover every age and area of human health

After the smartphone and fitness bracelet, here comes the smart ring. And the smart pacifier. And smart rollator.

"Wellness" computers that monitor your pulse, temperature and other health indicators are becoming increasingly sophisticated and varied to cover every aspect — and age — of human life.

Some products, like the ring by Finnish startup Ouraring, are specialized in optimizing physical training by tracking sleep patterns and physical activity.

Others are looking to fit into health-care services struggling to cope with aging populations.

Health gadgets took the limelight at this week's Slush fair, a gathering of technology startups that has drawn 800 investors and an estimated 15,000 participants worldwide.

Lasse Leppakorpi, the founder and CEO of Beddit, a startup specializing in sleep-monitoring equipment, says new gadgets will increasingly change the role of doctors to becoming "consultants and experts" for people concerned about their well-being.

The maker of the smart ring, Ouraring, believes it has an advantage over companies providing only sleep-monitoring equipment, such as smart beds equipped with sensor straps under bed sheets.

"Our rings monitor when you're asleep, when you're awake, if you're sitting, when you're on the move," said Kari Kivela, head of design at the Finnish company based in the city of Oulu, a former Nokia hub.

THE ASSOCIATED PRESS

market minute

DOLLAR
75.29¢ (-0.10¢)

TSX
13,127.18 (-214.75)

OIL
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GOLD
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NATURAL GAS: $2.260 US (+0.3¢)
DOW JONES: 17,448.07 (-254.15)

IN BRIEF

Coal industry hurting
Canada's coal-export market has taken a major hit in recent years, as prices have dropped from more than $300 US a tonne in 2011 to less than $90 US a tonne this quarter because of continued oversupply and slowing demand from China. Joe Aldina, a coal analyst at Wood Mackenzie, said that while there is no quick fix for the oversupply caused by China's economic slowdown, India should start to pick up where China left off by the early 2020s.

THE CANADIAN PRESS

NEW YORK CITY

Tracking homeless seen as harassment

On an app, pins on a New York City map keep track of sightings of homelessness, accompanied by photos of people lying on sidewalks, slumped in doorways, sitting on curbs with shopping carts piled high with bags. Hashtags frame the scenes: "NeedsMedicalAid," "Encampment," "Aggressive Begging," "Violent."

On a similar Facebook page, residents of a Manhattan neighbourhood share pictures and complaints about people living on the streets, some half-naked. A website created by a police union posts pictures of the homeless and vows, "We are watching you!"

Advocates for the homeless see such efforts as more harassment than help. Dave Giffen, the executive director of the Coalition for the Homeless, calls the initiatives "unethical and inhumane." But organizers say they are illustrating a pressing social problem. "People thought I was picking on the homeless," says Ed Mullins, who heads the police sergeants' union that maintains Peek-a-booNYC. "My question is, 'Well, what can you do better?'"

THE ASSOCIATED PRESS

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ROUSH

metro VIEWS
Your essential daily news
Weekend, November 13-15, 2015

PRO CON

Should hospitals allow visitors 24/7?

Three Ottawa hospitals have ditched limits on visiting hours for patients' friends and families in an effort to promote more holistic health care and reduce isolation. But is bringing familiar faces from home into the hospital really the best way to heal?

YES: TLC from family is the best medicine

Being seriously ill is scary and lonely, but having a family member or trusted friend with you — outside of the typical afternoon visiting hours — can help. And allowing that is in line with the trend toward a more family-focused, patient-centred approach to health care. Family members also know more about the patient and their history than doctors or nurses ever could. They can pitch in with tasks like feeding and personal care, and they may be able to notice when something is off. According to the Canadian Foundation for Healthcare Improvement, patients whose loved ones are allowed to stay with them in hospital experience fewer medication errors and falls, shorter stays, fewer readmissions and a generally better experience and standard of care.

NO: Patients need peace and quiet

Visiting hours enforce a period of restful calm, especially during the night, to allow patients to sleep and heal. Hospital staff already have the discretion to allow visitors to stay when circumstances warrant it. But visiting hours allow them to effectively get interlopers to leave if they're being loud or inconsiderate. Unlimited visiting will disproportionately affect people who can't afford a private or semi-private room: Even quiet talking can disturb the sleep of someone who is in pain and in an unfamiliar environment. Certain units — such as maternity, children's wards, intensive care and palliative care — already routinely allow visitors around the clock. Finally, more people coming and going might mean more infections, and could pose security issues, especially at night when fewer staff are on duty.

Stop excusing sexism: Ordain women already

Michael Coren
For Metro

It's the last acceptable face of misogyny. I speak of conservative Christianity, principally the Roman Catholic Church and hardline evangelical Protestants, who manage to routinely discriminate against women and still enjoy a status in society that would be denied any secular organization that acted in a similar manner.

I am utterly convinced that if women had been priests, the (sexual-abuse crisis) never would have developed.

The reality is that no matter how great their ability or suitability, no woman can ever be ordained as a priest or a minister in these churches, and it's time we asked some serious questions and stopped allowing sexism to hide behind religion.

The Roman Catholic argument is that Jesus was a man, and as the prime role of the priest is to represent Christ at the Mass, no woman could fulfill the position. But Jesus was also Jewish, spoke Aramaic and was born of a virgin. Try as I might I have never found an Aramaic-speaking, Jewish priest born of a virgin serving mass in Canada. Perhaps I need to look further afield!

Seriously though, if this is the best it can do the Catholic Church is on pretty shaky ground. The central word here is "represent." Every Christian believes that there is only one Jesus, but that someone can represent Him without resembling Him.

The irony is that Jesus didn't share such prejudice. He surrounded Himself with devout women, told His followers to revere His mother, and the first people to see the resurrected Christ were women — not initially believed by the frightened, faithless men they told.

Women not only played a central role in founding the church, but also in maintaining it, especially through the darkest times of ancient oppression. There were certainly women deacons and possibly female priests. But the patriarchy was at its strongest in medieval Europe and the role of Christian women was rapidly diminished.

Non-Catholic Christians who deny female ordination point to various scriptural statements concerning male leadership and female subservience, but as with so much of the Bible, context and historical understanding are vital. Today many, perhaps most, Protestant churches ordain women. Yet there is, alas, still resistance.

Nor is just about equality. As someone who has written extensively about the Catholic sexual-abuse crisis, I am utterly convinced that if women had been priests the horror would never have developed and certainly wouldn't have been hidden.

Christianity still has so much to offer the world, but it can only do so if it abandons outdated, ugly and irrelevant conventions.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

If anyone asked me what unites Canadians, I'd be stumped

Letters-to-the-editor pages in newspapers somehow still exist.

In a world suffocated by opinion (mine, yours, and both our dogs' on FB, Twitter, Insta, Reddit, article comments, YouTube comments), it seems a little quaint, no?

And yet there I was, reading the letters section of the National Post the other day. And boy, was that fun.

Charles in Nanaimo knows better than Keystone XL bigwigs that Obama always had it in for the pipeline.

Jack in Victoria suggests the end of all intersections, in favour of roundabouts, if the Liberals really want to invest in infrastructure.

Albert, also from Victoria, is wigged out about 25,000 Syrian refugees really getting a good vetting.

Osama in Calgary has some eloquent words of loyalty and support for Canadian soldiers.

Some letter-writers sound as nutty as the emails I often get. Some people sound sane. And there's actually a diversity of opinion. There are full sentences and complete attribution, including city of residence, and no Ayn Rand-inspired handles.

It's like, I dunno, a reflection of Canadians? A cross-section of opinion I would maybe see in other papers but definitely not in my various social media feeds.

There, I follow people who interest me, and while there's a bit of political diversity, it's not much. Inflammatory (to me) opinions are at a minimum. Thus, according to the bulk of my digital newsfeeds, Canadians are pretty thrilled with Trudeau, and we'd be cool if the official opposition didn't show up.

Reading the letters felt like checking in with extended family. Still right-wingers out there, hey? Good to know. The whole fear of immigrants and refugees, that's healthy? Okay, got it. And you went on a cruise, you say? Glad that was fun.

It reminded me of a dinner I had recently, where I got a little worked up, I'll admit, because my companion, an old family friend, really thinks Islam (and all religions) is evil.

I think I could have kept my voice down and saved the pub a few high-pitched broken wine glasses if only I'd had some reminder lately that not everyone agrees with me.

Shocking, I know.

And that people still very much and very deeply fear the "other." Still, to me, shocking.

I like getting a multi-paragraphed window into those right-wing others, and then see their full names in italics. It gives their views more weight. It makes them real.

It reminds me that if anyone asked me to describe what unites Canadians, I'd be stumped. Plus, these guys (they appear to all be men) are a hoot.

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Movies that mine the news

BASED ON A TRUE STORY

Some films stick to facts, others play hard and loose

Richard Crouse
For Metro Canada

In 2010, thirty-three men spent sixty-nine days trapped underground in a copper-gold mine located near Copiapó, Chile. Their story became the inspiration for the new Antonio Banderas movie, The 33. HANDOUT

The movies have looked to the news for inspiration almost since the first time film was projected on screens.

As far back as 1899, a film called Major Wilson's Last Stand dramatized scenes from the First and Second Matabele Wars, including the death of Major Allan Wilson and his men in Rhodesia in 1893.

The trend of reel life emulating real life continues this weekend with The 33, an Antonio Banderas film based on a famous mining accident. In 2010, 33 men spent 69 days trapped underground in a copper-gold mine located near Copiapó, Chile when a rock the size of the Empire State Building blocked their exit.

"I can't think of a better story than this one to bring to the screen," says producer Mike Medavoy.

The trick is getting the story right. Director Patricia Riggins worked with the miners, Medavoy and screenwriters to create a story that, according to everyone involved, features more fact than fiction.

That isn't always the case.

According to IMDb the Jim Sturgess movie 21 calls itself a "fact based" story about a group of MIT students who used a complicated card-counting system to fleece Las Vegas casinos for millions of dollars.

The bare bones of the story are true — blackjack was played and MIT students counted cards — but Hollywood diverged from reality when casting the leads. In truth the main players were mainly Asian-Americans, including ringleader Jeff Ma who consulted on the movie.

Ma called the controversy surrounding the casting of Sturgess and Kevin Spacey "over-blown," adding "I would have been a lot more insulted if they had chosen someone who was Japanese or Korean, just to have an Asian playing me."

The Michael Bay film Pain & Gain is listed as an action-comedy and stars Mark Wahlberg, Dwayne Johnson and Anthony Mackie certainly play up the jokes. Everyone laughed, except for Marc Schiller, the real-life inspiration for the film's kidnap victim.

"It wasn't that funny when they tried to kill me," he said. "They did run me over with a car twice after trying to blow me up in the car. The way they tell it made it look like a comedy. You also gotta remember that not only I went through this, but certain people were killed, so making these guys look like nice guys is atrocious."

Last year's Oscar winner Whiplash saw Miles Teller as a young drummer driven to extremes by a fanatical music teacher played by J.K. Simmons.

The movie draws parallels to the famous story of Jo Jones and Charlie Parker. The legend goes that Jones threw a cymbal at Parker's head after a lackluster solo, prompting the sax player to go away, practice for a year and return as one of the greatest musicians of the 20th century. Trouble is, the story isn't true. A cymbal was let loose, but according to eyewitnesses it was dropped on the floor at Parker's feet and not at his head.

"Not attempted murder," wrote Richard Brody in the New York Times, "but rather musical snark."

How does Hollywood get away playing fast and loose with the facts? Black Mass director Scott Cooper says, "I don't think people come to narrative features for the facts, or for truth. I think you go to documentaries for that. What you do come to narrative features for is psychological truth, emotion and deep humanity."

MOVIE RATINGS by Richard Crouse

Love the Coopers ★★
Spotlight ★★★★
Heist ★
Entertainment ★★★

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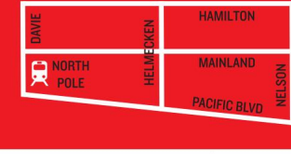

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FILM BRIEF

Life could be a beach for actress Nina Dobrev

Who will run along the beach in a red swimsuit alongside Dwayne Johnson and Zac Efron in the movie remake of the famous Baywatch series? Deadline reports that Paramount Pictures has a shortlist of seven actresses, including Nina Dobrev.

Free from any contract ties since the spring, Dobrev the former Vampire Diaries star now has time to focus on the big screen.

But replacing Pamela Anderson in the role of the Malibu nymph will not be an easy task. The production has apparently also got its eye on Alexandra Daddario, (Percy Jackson), Ashley Benson (Pretty Little Liars), Alexandra Shipp (N.W.A Straight Outta Compton), Shelley Hennig (Teen Wolf), Bianca Santos (Ouija) and the singer Denyse Tontz.

AFP

THE TV DINNER JESSICA ALLEN

'I'm ready to be wooed,' Simon said, as I readied my blade. 'But I'm not ready to go to the hospital so please don't miss any bones.'

Angelina Jolie Pitt and her husband Brad want you to know that By the Sea, which opens in select theatres Friday, is an art film — perhaps to distinguish it from the commercial hit in which they first appeared on screen together 10 years ago, Mr. and Mrs. Smith. Yes, both movies are about a married couple with troubles. But no longer are they playing assassins hired to kill each other. This time, she's a former dancer, he's a writer suffering a block, and together, they've suffered through a traumatic event. They retreat to a seaside French hotel to brood, fight, cry, smoke, drink and spy on a honeymooning couple.

"I know some people are going to hate it," Jolie Pitt, who wrote, directed and stars in By the Sea, told the New York Times. "Some are going to like it. But it was important to me to feel like an artist again."

"The plan was to make something together, with complete autonomy," Pitt told V Magazine, "in the footsteps of Gena (Rowlands) and John (Cassavetes)."

Admirable, to be sure: but Rowlands and Cassavetes were never the most recognizable celebrities on Earth. Besides, whether you're making a movie — or making dinner — things rarely go according to plan. Initial reviews have been lukewarm. "There's no catharsis at the end from the journey taken," the Hollywood Reporter wrote, "just relief that it's over."

THE MOVIE: By the Sea

THE MEAL: Stuffed Sea Bream

I know the feeling: May, 2002, San Vito Lo Capo in Sicily. My boyfriend at the time and I spent three days and nights by the sea during the last legs of our eight-year-long relationship. I suspect that we both knew it was coming to a close but neither of us was brave enough to admit it.

There was no drama, no tears and only some brooding on my part: I read Treasure Island on our hotel's room little balcony at night under moonlight.

Besides the florescent blue of the sea, I also remember our meals at a local restaurant where for three nights we ate fish, make that a whole fish, which neither of us had dealt with before. Although I couldn't fix the relationship, or even identify what precisely went wrong, I took charge. "Give it here," I said, confidently cutting the head and tail off, gently pulling it open, like a rare book and removing the bones. By the third night, I'd mastered the task.

Deboning whole fish became a flirting device for me. When Simon and I were courting a decade ago, I'd order it on dates to woo him. Although it clearly worked, I've only done it once at home — until Sunday night when I picked up two sea breams, orata in Italian, stuffed them with parsley, dill and lemon slices, covered them in olive oil and salt, and slapped them on the grill.

"I'm ready to be wooed," Simon said, as I readied my blade. "But I'm not ready to go to the hospital so please don't miss any bones."

While I decapitated the fish, we argued over what Cassavetes film to watch. Years ago, Simon used the art house director to woo me. He wanted to watch Minnie and Moskowitz. Me? A Woman Under the Influence. We split it down the middle and decided on The Birdcage.

Jessica Allen is the digital correspondent on CTV's The Social.

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Standing in line to see the Shia tonight

MOVIE MARATHON

Fans queue for hours to see LaBeouf's NYC theatre stunt

For three days and two nights Shia LaBeouf set up in a Manhattan theatre for a marathon watching of all of his movies. He let fans in for free to join him. A live camera allowed people around the world to watch him as well. TORSTAR NEWS SERVICE

Why did actor Shia LaBeouf invite his fans to watch all the movies he's ever made with him during a three-day (and two-night) marathon at a Manhattan theatre? Or to watch him watching via livestream, witnessing the drama of him occasionally stroking his beard, sipping from a cup, or scratching his nose?

Probably the best explanation is: Just because.

And that's pretty much why Alex Martin, a senior at New York University, was waiting in line — for what was likely to be hours — to get inside.

"Just for the experience," Martin explained with a smile. "Just to say I did it. Not necessarily to watch a movie of Shia LaBeouf. You know, just to say I was here."

Although Martin, who's majoring in public health and sociology, used to love LaBoeuf when he was a child actor, he and his friends waiting with him Wednesday afternoon clearly now see him as a perplexing, if interesting celebrity known for sometimes very erratic behaviour.

"Lots of alcohol," Martin noted.

Austin Reardon, also an NYU senior, was there "because I am a big fan of his public persona over the years." He came to the Angelika Film Center, right by the university, because "it's entertaining to watch online, but I would like to be a part of it in person."

Though most of those waiting in line, which stretched about a city block long, appeared to be college age, not everyone was. Attorney McKinney Brown, 26, had the day off from work and "thought it would be a fun experience."

He didn't know precisely which movie he'd be seeing; his favourite, he said, is Lawless.

"Shia does all sorts of performance art," Brown said.

"I thought it would be a fun thing to do just to experience it."

LaBoeuf basically took over the theatre, letting fans in for free, but wasn't speaking to those who managed to get in, according to people coming out. There were five-minute intermissions between films.

"He was completely silent," said Michelle Calicchio, a senior at Ramapo College, who arrived early in the morning and emerged from the theatre about 4 p.m., having spent most of her time waiting (newcomers were admitted only when someone exited the theatre, and people could stay inside as long as they wanted.) She felt that LaBeouf was wordlessly critiquing his own work.

"He was in a deep stare," he said.

"He was so zoned in."

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DRAMA

Spotlight

Director: Tom McCarthy
Starring: Mark Ruffalo, Michael Keaton

This film tells the riveting true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. This tense thriller traces the steps to one of the biggest cover-ups in modern times.

ROTTEN TOMATOES™ SCORE
Critics: 96% Audience: + 97%

DRAMA/ROMANCE

By The Sea

Director: Angelina Jolie
Starring: Angelina Jolie, Brad Pitt

A married couple takes a vacation in France in the 1970s and finds that their time in a sleepy seaside town, complete with a unique array of locals, strengthens their bond and reaffirms their marriage.

ROTTEN TOMATOES™ SCORE
Critics: 29% Audience: + 86%

COMEDY

Love The Coopers

Director: Jesse Nelson
Starring: Olivia Wilde, Amanda Seyfried

When four generations of the Cooper family come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all towards a surprising rediscovery of family bonds.

ROTTEN TOMATOES™ SCORE
Critics: 28% Audience: + 94%

DRAMA

The 33

Director: Patricia Riggen
Starring: Antonio Banderas, Rodrigo Santoro

The true story of the 2010 collapse of a Chilean mine and the rescue of the 33 miners who were trapped underground for 69 days.

ROTTEN TOMATOES™ SCORE
Critics: 41% Audience: + 91%

DOCUMENTARY

Mavis!

Director: Jessica Edwards
Starring: Mavis Staples

This documentary provides an in-depth look at the life of legendary soul singer Mavis Staples and her family group, the Staple Singers. Mavis was a trailblazer who developed a unique gospel sound and was actively involved in the civil rights movement.

ROTTEN TOMATOES™ SCORE
Critics: Audience:
NOT YET REVIEWED

ACTION & ADVENTURE

Spectre

Director: Sam Mendes
Starring: Daniel Craig, Christoph Waltz

A message from Bond's past sends him on a trail to uncover a sinister organization. While M battles politics to keep the secret service alive, Bond peels back layers of deceit to reveal the truth behind Spectre.

ROTTEN TOMATOES™ SCORE
Critics: 64% Audience: 69%

Stanley Tucci stars as Boston lawyer Mitchell Garabedian, who fought to bring attention to abuse within the Catholic Church. HANDOUT

Spotlight tells 'such an important story': Tucci

INTERVIEW

Actor praises investigative journalism, Pope Francis

Matt Prigge
Metro | New York

Stanley Tucci made one of the great food movies (1996's Big Night) and has even written two cookbooks. But right now all he has time for is an organic protein bar. "This evening I'll have a martini. Don't worry," he assures us as he powers through a junket for Spotlight, which tells about the Boston Globe's Pulitzer-winning expose of the Catholic Church scandal in 2002.

Tucci doesn't play one of the reporters but Mitchell Garabedian, a cranky but dedicated attorney who fought for years, amidst untold frustration, to bring the abuse to light.

You're not playing one of the journalists here, but you have a history playing reporters on film, including Joe Gould's Secret and Winchell. It seems that, along with the scandal itself, that would be a big pull for you too.

(Journalists) really are quite heroic in what they do. And their ilk is disappearing. It's getting harder and harder to come by guys like that.

The long-form kind of journalism the Globe reporters practice in this film is going away as newspapers suffer through budget cuts.

It is, and nothing can take its place. John (Slattery, who plays managing editor Ben Bradlee Jr.) pointed out the other night that having cell phones and video taping things as they happen is really important. But that's just happenstance. It's not the same as someone taking the time and seeing something out and thinking, "I know there's something wrong here, or there's something right here, and I need to spend the time dissecting it."

That takes a lot of effort, a lot of resources, a lot of passion.

Of course there's what they reported itself, which even now hasn't been fully rectified.

It's such an important story. The fact that it was a systemic problem that has been going on for decades — for centuries — and the collusion between the perpetrators and the Catholic Church and other outside powers is so profound. They protected all the wrong people — the perpetrators — instead of protecting the children. They didn't try to stop the crimes or punish them. That is horrifying. That is absolutely horrifying, and unconscionable, and, let's say, it's un-Christian.

> **I hope the Church will keep changing and embracing the new societal changes.**
> Stanley Tucci

I'm actually not sure what your history with the Catholic Church is.

I was raised Catholic, but I'm a lapsed Catholic for 40 years. Even when I was a kid I just didn't get it, to put it simply. This is in no way to besmirch people who are devout Catholics; it just wasn't for me. But the Catholic Church has done so much good for people over the centuries, and good is still being done. I think this new pope is extraordinary.

And I think people should in no way see this film as an indictment of the Catholic Church. There were simply a large number of people within the Catholic Church who failed to right systemic wrongs, which is anathema to everything the Church espouses. And it's an insult to the parishioners and to Catholicism as a whole. It's an insult.

KILO TWO BRAVO

Afghanistan war shown in graphic detail

You may have removed the Remembrance Day poppy from your lapel for another year but that doesn't mean you can't still honour the sacrifice of our war veterans.

"Whether you're Canadian or British, society doesn't pay enough attention," said former U.K. army medic Paul 'Tug' Hartley, whose life-saving actions are the basis of the acclaimed new film Kilo Two Bravo. "You see on the news a British soldier got killed (and then) they carry on. This film will give people insight into five hours of someone's life. That's all it was but look how impactful it is."

A vivid adaptation about a small company of commandos who suddenly find themselves trying to escape a valley loaded with live land mines, Kilo Two Bravo is the kind of nail-biting thriller that exhibits the true solidarity of soldiers.

"I remember saying I'm happy to sign up for this so long as you tell our story," recalled Hartley, who originally feared filmmakers would exploit the harrowing tale. "It's not a war movie. It's a movie about adversity and heroism. This could've happened in a car crash; it's just about a bunch of people who come together and do what they did."

But for the actor who recreates Hartley's acts of medical heroism on-screen, the real life situation is not to be understated. In fact, even just pretending to be there was a stressful experience.

"The whole shoot was very intense — six days a week, 15 hours a day in 55-degree heat. All of those conditions affect you psychologically," admitted Game of Thrones star Mark Stanley of the chronologically-shot drama. "Was there time to decompress? I don't think so. I think we probably just drank too much on our days off."

Hartley doesn't diminish the actors' difficult job either. Having seen the film several times now, he insists that moviegoers are certainly in for an authentic experience. "It's 99 per cent accurate," said Hartley. "The only way you were going to get that extra one per cent is if you had been there and bled with us."

STEVE GOW FOR METRO CANADA

Paul 'Tug' Hartley, a U.K. army medic who is depicted in Kilo Two Bravo, said the film is "99 per cent accurate." HANDOUT

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Time to wind down the sentimentality

CASSETTE TAPES

Why a format that *should* be long-dead is still keeping it reel

Alan Cross
For Metro Canada

We need to have a conversation about the cassette. While it served us well — in the '80s, propelled by the boombox, the Walkman and car audio, the cassette was briefly the best-selling format for pre-recorded music — its time is over.

Eclipsed by CDs, CD burners and then digital music files, there's no reason why cassettes should still exist.

Yet there's a vocal group of music fans clamouring for a vinyl-like resurrection.

September had Cassette Store Day. There are dozens of cassette-only labels. Bloggers romanticize (fetishize?) the old-school cassette mixtape.

Clearly these people weren't around during the original days of the cassette: Mixtapes had to be recorded in real time; the tapes jammed; pre-recorded albums sounded awful and they the melted on the dashboard or ended up under the seats of the car.

So why are cassettes still here?

1 **Luddite hipsters:** The inconvenience of cassettes trumps that of enjoying music on vinyl, demonstrating an even greater love for music. Or so they'd have us believe.

2 **Curiosity:** Blink-182 just announced that four of their biggest albums will be re-released on cassette. These are just tchotchkes; wannabe collector's items.

3 **Emerging markets:** Cassettes do have their rugged side. They stand up well to the heat and dust of places like Africa and India. Just don't let them sit in direct sunlight.

4 **Japan:** Yes, it's the land of the electronic gadget, but walk into any small store and you'll find packages of cassettes for sale.

Huge swaths of Japanese culture are very conservative and continue to hang on to the old ways. Hey, fax machines are still a thing over there.

5 **Prison Releases:** Enough people are incarcerated in the U.S. — more than 2.2 million as of 2013 — for convicts be a viable standalone music market.

CDs are forbidden in jails because they can be turned into shanks. MP3 players are allowed but without Internet access, they're useless. Vinyl? Hardly.

The only remaining option is the lowly cassette.

But you can't just use any type of cassette tape in prison. Companies like Fortress Audio and Duplication.ca offer blank cassettes made with clear shells (to prevent smuggling) and without any screws (they can be weaponized) specifically for prison use.

There are also services like Music 4 Inmates that specialize in providing music for the incarcerated — on cassette, of course.

While most of us have moved on, the cassette will still be here for a while to come.

SPONSORED CONTENT

Kaelyn keeps skipping thanks to War Amps

Being born a right-arm amputee hasn't stopped eight-year-old Kaelyn of British Columbia from living a full and active life.

Kaelyn loves to skip, and thanks to support from The War Amps Child Amputee (CHAMP) Program, she received a "skipping device," which has a flexible wrist, allowing her to hold on to and turn the rope.

Kaelyn's mom, Sarah, says the skipping device is making a difference in her daughter's life.

"It has allowed her to become a great skipper, boosting her confidence. CHAMP makes it possible for Kaelyn to do whatever she sets her mind to. "

The War Amps encourages Champs to develop a positive attitude towards their amputation and live to their full potential. With the public's support of the Key Tag and Address Label Service, young amputees like Kaelyn obtain the tools they need to enjoy their favourite activities.

Kaelyn with her new skipping device. CONTRIBUTED

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Seoul district to erect 'Gangnam Style' statue

Deep into Guatemala's emerald forest

TIKAL

Hike reveals ancient sites and curious creatures

Aurélie Resch
For Metro Canada

It all starts with a warning sign at the entrance. Located near a pond, it warns of the presence of crocodiles and tells visitors to keep away from the water. You are also advised that snakes, insects and animals hide in the forest and that it is preferable to stay on the path.

My Guatemalan guide picks a spider out of a hole on the ground, gently placing it in my hand. "She is not hungry. You're OK," he tells me as I look at the fat, fuzzy tarantula sitting in my palm. I totally forget about the "OK" part as soon as the tarantula starts to walk her way along my arm.

I squirm and throw the poor thing onto a fellow journalist's shoulder. She starts to scream. Strange encounters abound in the archeological site of Tikal, Guatemala, enough to fill anyone's lust for adventure.

Visiting Tikal is like entering a lost world enveloped by a lush emerald forest. The trees and bushes create a gigantic web of green, with intertwining leaves, roots and branches. It is estimated the Guatemalan jungle hides 4,000 Mayan structures, all dating back to the eighth century.

The ruins of a temple in the jungles of Tikal. Above: The Lost World complex. PHOTOS BY AURÉLIE RESCH/FOR METRO

STAR WARS
George Lucas used Tikal as one of the settings for the rebel base Yavin 4 in 1977's Star Wars: Episode IV A New Hope.

The humidity (it's 35 C) makes the uphill hike a bit of a challenge. Walking toward the pre-Columbian pyramids the quiet solitude is broken by some sudden loud shrieks.

The howler monkeys sitting at the top of the trees, and swinging from one branch to another, are just greeting us as we enter the site. (We actually feel lucky since they aren't throwing their excrement at us, something they have been known to do). A bit further down we run into a dozen coatis — Central American raccoons — playing near the path.

In Tikal, I marvel at the acoustics of the Plaza of the Seven Temples, clapping my hands and listening to it echo off the walls of the structures. I am in awe at the two main sets of pyramids: the Lost World and the Great Plaza.

The former is the most ancient group of pyramids on the site and features 30 temples and pyramids built along astronomical alignments to solstices, equinoxes and certain important stars.

After climbing up one of the pyramids — some of them are 60 metres high — I take some time to enjoy the stunning view. The tops of temples emerge from the emerald jungle, birds fly out of the ceiba trees, and other visitors to the site look like ants scurrying around the base of the pyramid far below.

It's easy to feel like you have been transported back to the days of the Mayans.

GETTING THERE

The National Park of Tikal is located in northern Guatemala in the Peten province. There are two airlines flying to Isla de Flores. At its Mundo Maya airport, you can contact a tour operator that can offer you transportation with a guide.

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Wiffinity is free for iOS and Android. CONTRIBUTED

SCUBA essential
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Dive with a DAN membership. CONTRIBUTED

Road to Downton
With The British Royale, a one-time-only, 10-day itinerary slated for next August, Insight Vacations is offering a glimpse into British high society. Forty guests will hit haute restaurants and private clubs around London and Edinburgh, hop on the Royal Yacht Britannia and tour the real Downton Abbey — upstairs and down. Act fast. Visit InsightVacations.com.
DOUG WALLACE

Highclere Castle in Hampshire. CONTRIBUTED

3 AIRBNB PROPERTIES WHERE THE FORCE RUNS STRONG

From an off-grid earthship carved into the desert of New Mexico to earth domes in California reminiscent of the planet Tatooine, Airbnb has collected Star Wars-inspired properties across its network that are located in a galaxy that's actually not so far away. **AFP**

1 Joshua Tree, California

Perhaps the most similar in likeness to Luke Skywalker's home planet Tatooine and the Lars homestead, the terracotta-coloured **Sleep Pod Earth Domes** are set in the California desert and can sleep families of up to four. Dome walls are built using Earthbag technology that keep buildings cool in the summer and warm in winter.

2 Taos, New Mexico

For Star Wars fans who are also lovers of the earth, the **Brand New Studio Earthship** is a secluded, self-powered retreat in the New Mexico desert. The property is completely off-grid, catching its own rainwater and generating its own electricity thanks to solar panels. Moreover, thanks to being carved out of the New Mexico desert, the property also recalls Skywalker's home planet.

3 Khao Yai, Thailand

An aerial view of the **Modern Green Circular Dome** suggests a more illustrious past for the resort, as though it crash-landed in the middle of a Thai jungle forest and stayed. Like spokes on a wheel, individual, spherical pods jut out from a circular walkway and are covered with jungle overgrowth. Pods are clean and bright, furnished with beds, full bathrooms, TVs, communal dining room and pool.

TOP: HANDOUT; BOTTOM: AIRBNB, INC.

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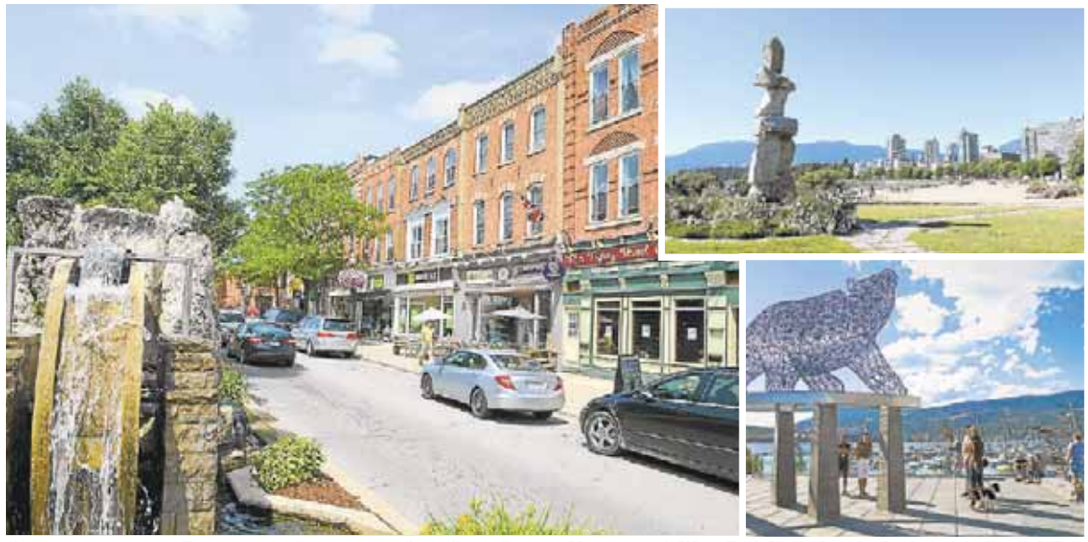
Finding what's Great about Canada

ON THE MOVE

Orangeville, Ont., B.C. cities top planners' annual awards

Loren Christie
For Metro Canada



Clockwise from left, Broadway in Orangeville, Ont. (Great Street), Vancouver's West End, featuring the Inukshuk in English Bay (Great Neighbourhood), and Stuart Park in Kelowna, B.C. (Great Public Space). CONTRIBUTED

For the last five years, the Canadian Institute of Planners has hosted an annual contest called Great Places in Canada. The goal is to engage Canadians in sharing the places they love while highlighting the important work that is being done in building and rehabilitating our cities, towns and parks.

From great metropolises to tiny towns the 29 nominees provide a catalogue of travel destinations that are local treasures. The winners in the categories of Great Street, Great Neighbourhood and Great Public Space were revealed this past week.

Broadway in Orangeville, Ont., won the title of Great Street. "To be great, a street must be a destination in its own right. Broadway fits the bill as an inviting place at the heart of Orangeville," says Ben Petch, contest juror.

Other highlights are the institutional uses that anchor the street and give it purpose and a variety of restaurants, landscaping and patios, which enable people to enjoy the space. The historical buildings add character, and regular festivals and events ensure people experience the street.

Great Neighbourhood went to Vancouver's West End. The West End is easy, safe and inviting; residents walk and bike to work and can easily explore Vancouver's beaches, trails and the incredible Stanley Park.

"Transit access, traffic calming, street furniture, treed promenades, pocket parks and public spaces reflect a thoughtful approach to placemaking," says juror Jaspal Marwah. "Home to the city's LGBTQ community, the West End's density is evenly matched by its diversity of residents, and by a strong commitment to creating an inclusive community that prioritizes affordable housing."

Stuart Park in Kelowna, B.C., was awarded Great Public Space. According to juror Kevin King, "Stuart Park bridges the re-emergence of Kelowna's downtown within the incredible natural setting of the Okanagan Valley. Energized by a civic plaza, the park comes alive at all seasons. Summer performances on the plaza are memorable, while free winter-time ice-skating under the clear Okanagan skies invites people in the winter months."

Recent enhancements to Stuart Park have made it a year-round destination. Its unique reflection of local character and natural environment and accessibility for multi-generational activities make it a great destination for travellers to the area.

Runners-up for Great Street, Great Neighbourhood and Great Public Space were Main Street in Wolfville, N.S., Quartier Petit Champlain in Quebec City, Que., and Lethbridge River Valley in Lethbridge, Alta.

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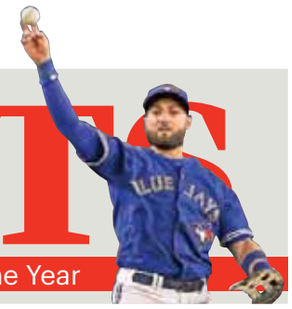
metro SPORTS

Blue Jays' Kevin Pillar, who finished second for the Gold Glove, was named the Wilson Defensive Player of the Year



Ottawa's Milan Michalek battles Canucks centre Jared McCann in front of Andrew Hammond. ADRIAN WYLD/THE CANADIAN PRESS

Miller takes blame as Canucks fall to Sens

NHL

Wrister from just inside blue line proves the difference

Ryan Miller took full responsibility for the Vancouver Canucks' 3-2 loss to the Ottawa Senators Thursday night.

Miller was visibly dejected post-game and felt his teammates deserved better after he was beaten by Chris Wideman's wrister from just inside the blue line at 18:05 of the third as a Senators power play was expiring.

> **I thought we played a good game. I kind of blew it.**
> Ryan Miller

The Canucks goaltender, who faced made 22 saves, was asked about the goal.

"I let the guys down with that last one," said Miller. "You've always got to stay within striking distance and I just kind of blew it. That's more the difference. You always have to have a chance at the end and maybe get to overtime. It's a pretty critical error on my part.

"Not a good goal."

Miller said he saw the shot, but that it hit the top part of the pocket on his glove hand.

"That game's right there," added Miller. "I thought we played a good game. I kind of blew it."

The win was the Senators' first in regulation on home ice.

Bobby Ryan and Erik Karlsson also scored for the Senators (8-5-3), who snapped a two-game losing streak with the victory. Andrew Hammond made 33 saves in his fourth start of the season.

Hammond was just as critical of his own play despite posting the victory.

"It was a game that I didn't really feel like I had my best," he said.

"When you're at that point you kind of have to find different ways to get something out of it and fortunately we were able to get the extra one that ended up mattering and we got the win in the end.

"I just felt like I was fighting the puck most of the night."

Sven Baertschi and Alexander Edler scored for the Canucks (7-5-5), who were playing the fourth of a seven-game road trip (1-2-1).

This was the first of a five-game homestand for the Senators, who improved to 3-3-2 on home ice. Their first two wins came by way of the shootout.

"I thought we played real well in the first and then had a letdown in the second and gave up too many opportunities," said Kyle Turris.

The Senators had one of their better third periods of late and were able to hold off the Canucks in front of a sell-out crowd of 19,229.

Vancouver's Radim Vrbata could only shake his head as he recalled the second period.

"Seems like the story of the season so far for us," said Vrbata. "Overall I don't think we played that bad, but we're not making the difference on the power play or whatever, where you could get that goal that gets you over the hump and that's the story so far this year."

THE CANADIAN PRESS

THURSDAY in Ottawa

3	2
SENATORS	CANUCKS

MLS

Whitecaps expect a quiet off-season

Don't expect the Vancouver Whitecaps to break the bank this off-season if they decide to address their difficulties scoring goals by adding another player to their squad.

Head coach Carl Robinson, speaking to reporters at the club's final media availability on Thursday, didn't rule out the possibility of the Whitecaps adding another player during the winter to help correct their issues finishing chances off, but also pointed to the age of players like striker Octavio Rivero (23), Kekuta Manneh (20) and Cristian Techera (23) and said his staff would try to further develop their abilities.

The Whitecaps were shut out in two playoff games against the Portland Timbers, and scoring had been an issue for a while.

"We know we need to improve in the goals area. Can we do that by bringing one player in? Yeah, we possibly could," said Robinson.

"Can we do that by coaching and developing the individuals to get better?"

Last winter, the Whitecaps added Rivero as a designated player. After a terrific start, his goal production dried up despite the fact he finished fifth in the league in shots, with 101 in 34 games played.

He finished the season with 10 goals.

"Now my job is to help him with shots on target and goals created," said Robinson.

CAM TUCKER/METRO

CFL AWARDS

Eskimos' Jones up for coach of year

There was a double nod to the Ottawa Redblacks as coach Rick Campbell and quarterback Henry Burris were shortlisted for the CFL's end-of-year awards.

Campbell and Chris Jones of the Edmonton Eskimos are the finalists for the CFL's coach of the year award.

Jones led the Eskimos to a 14-4 record — tied with Calgary for the best in the CFL — to finish atop the West Division after beating the Stampeders in two of three regular-season meetings.

Ottawa (12-6) finished first in the East in its second year under Campbell after posting just two victories in its first campaign.

Burris and Bo Levi Mitchell of the Calgary Stampeders are the finalists for the CFL's outstanding player award.

Burris led Ottawa to a first-place finish in the East, registering a CFL-record 481 completions and league-high 5,693 passing yards. Levi Mitchell, the MVP of last year's Grey Cup game, was second overall in passing (4,551) as Calgary (14-4) finished second in the West.

The other nominees include: linebackers Adam Bighill of the B.C. Lions and Simoni Lawrence of the Hamilton Tiger-Cats (defensive player); Winnipeg Blue Bombers defensive lineman Jamaal Westerman and Ottawa Redblacks receiver Brad Sinopoli (Canadian); B.C.'s Jovan Olafioye and Ottawa's SirVincent Rogers (lineman); Calgary Stampeders kicker Rene Paredes and Hamilton kick-returner Brandon Banks (special-teams); and receivers Derel Walker of the Edmonton Eskimos and Vidal Hazelton of the Toronto Argonauts (rookie).

THE CANADIAN PRESS

Edmonton Eskimos coach Chris Jones led his team to a CFL-best 14-4 record this season. JASON FRANSON/THE CANADIAN PRESS

It's all about moving on from an 8-1 nightmare

WORLD CUP QUALIFYING

Canucks seek revenge over Honduras for rout of 2012

Honduran **Jerry Bengtson**, left, celebrates after scoring against Canada in the 8-1 rout in 2012. ORLANDO SIERRA/AFP/GETTY IMAGES

More than three years on, the stench of the loss still lingers.

The Canadian men's soccer team travelled to Honduras in October 2012 needing only a draw to make the final round of qualifying for the World Cup in Brazil, but instead suffered an 8-1 beating that crushed their hopes of making the tournament for the first time since the country's only appearance in 1986.

"It's something that I know a lot of us have been thinking about," midfielder Atiba Hutchinson said this week. "It hurt."

Canada has an opportunity to avenge that defeat when it opens the penultimate CONCACAF qualifying round for the 2018 World Cup against Honduras on Friday, the first match between the nations since the horror show in San Pedro Sula.

"It's a new team, a different situation," said midfielder Julian de Guzman, who was also on the field for the Honduran debacle. "It's also another way of forgetting that result."

But while the stunning rout got most of the attention, what really sealed Canada's fate at this stage last time around were dropped points at home in a 0-0 tie with Honduras in Toronto. Had the Canadians won that game, the outcome four months later at Estadio Olimpico Metropolitan would have been meaningless. It's a lesson the players learned the hard way.

"Home games are very crucial for us," said de Guzman. "The last World Cup cycle, that's what killed us." Will Johnson added that although winning in Vancouver ahead of a road game against El Salvador on Tuesday is vital, Canada is more capable of getting road results under head coach Benito Floro.

"You want to get the points in the bag as early as possible," said the midfielder. "History says (Friday) is a 'must-win' compared to how Canadian teams have done, but we've also started to turn the corner and feel confident competing on the road."

Part of that quiet swagger comes from a renewed attack that includes David (Junior) Hoilett and Major League Soccer rookie of the year Cyle Larin.

Scoring has been the biggest issue in recent qualifying campaigns and it's hoped that Hoilett, an attacking winger who plays for Queens Park Rangers in England's second tier, and Larin, the Brampton, Ont. striker coming off a record-setting 17-goal season for Orlando City SC, can find the mark.

"It gives us a different dynamic, especially with Junior coming into the team," said Hutchinson. "He brings a lot going forward. He's the type of player that likes to get the ball and go at players and create chances."

THE CANADIAN PRESS

CFL SEMIFINALS

Rookie Jennings is ready to rise again

Cam Tucker
Metro | Vancouver

It's Jonathon Jennings' game, said B.C. Lions head coach Jeff Tedford on Wednesday, meaning the club's rookie quarterback will start the West Division semifinal against the Calgary Stampeders.

No surprise. The future very much seems to be now.

Jennings has been a positive revelation for the Leos since taking over the starting duties in mid-September when Travis Lulay and then John Beck both went down with injuries.

Despite his status, Jennings looked more than capable leading the Leos during the stretch drive in the regular season. His coach raved about the maturity that the 23-year-old pivot possesses.

There hasn't been any kind of controversy since Lulay came back from injury and was placed on the sidelines because, simply put, the new kid, Jennings, was doing too well to justify any kind of late-season change.

But now the playoffs are here. The Lions go into Calgary as the massive underdog, with a 7-11 regular season record.

Any nerves?

"I'll be nervous. I'm always nervous though. That's something that comes with playing football, I think. You're going to have nerves. It's just kind of what you do with those nerves," he added.

"Make sure you're staying calm enough to go out there and execute what you've been doing all year."

ROSTER NEWS

Leone gets the nod for starting duties

The Lions will go with Richie Leone as their starting kicker on Sunday, according to a tweet from the local CFL club. Leone played 17 of 18 games this season, leading the league in punting average thanks to a booming right foot.

CAM TUCKER/METRO

WORLD CUP OF HOCKEY

Canadian coaches head up Europe

Some top Canadians will be tasked with trying to beat Canada at the World Cup of Hockey.

In addition to head coach Ralph Krueger, Team Europe has named Paul Maurice to its coaching staff and Sean Burke and Lorne Henning to its scouting staff for the 2016 tournament.

"I'd love to beat Canada because in this tournament they're going to be the favourite and we want to win the tournament," Burke said. "So that would be incredibly exciting to be able to beat Canada."

Paul Maurice
GETTY IMAGES

Along with Burke and Henning, the scouting staff includes American Ricky Olczyk, Slovak Peter Bondra and Czech Vaclav Nedomansky. That group, serving under German president Franz Reindl and Slovak general manager Miroslav Satan, is charged with putting together the tournament's most diverse team.

Krueger is from Winnipeg, where Maurice is currently coaching the Jets. Maurice is a Sault Ste. Marie, Ont., native who was an assistant coach for Canada at the 2014 world championships.

"We don't have any country that will be super strong on this team," Satan said. "We'll go by quality, not nationality. That will be our motto for this."

That's certainly the case for the management, scouting and coaching staffs. Krueger, with his wealth of experience coaching overseas, is the head guy behind the bench after helping out Mike Babcock at the Sochi Olympics.

Burke, who's not working in the NHL this season, was part of Hockey Canada's gold-medal-winning management group at the world championships.

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RECIPE
Avocado Egg Salad Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of avocado is a creamy and nutritious twist on your usual egg salad.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Makes: 2 or 3 sandwiches, depending how big you like your sandwiches.

Ingredients
- 3 hard boiled eggs
- 2 avocados, pitted
- 1 Tbsp Greek yogurt
- 1 tsp lemon juice
- 2 Tbsp chives, chopped fine
- 1/4 tsp Dijon mustard
- Salt and pepper to taste
- 4 to 6 slices whole grain bread

Directions
1. Egg boiling trick: place eggs in cold water and put pot over medium high heat. Bring the water to a boil, place a lid on pot, take off the heat and set your timer to 12 minutes.
2. Rinse the eggs under cold water to cool them down enough to peel. Remove the shells. Roughly chop the boiled eggs.
3. In a large bowl, mash your ripe avocados, breaking them down into chunks. Add the chopped eggs, lemon juice, chives, Dijon and give it all a good mix. Salt and pepper to taste.
4. Spread your mixture on sandwich bread and add anything else you like — tomatoes, lettuce, sliced cucumber.

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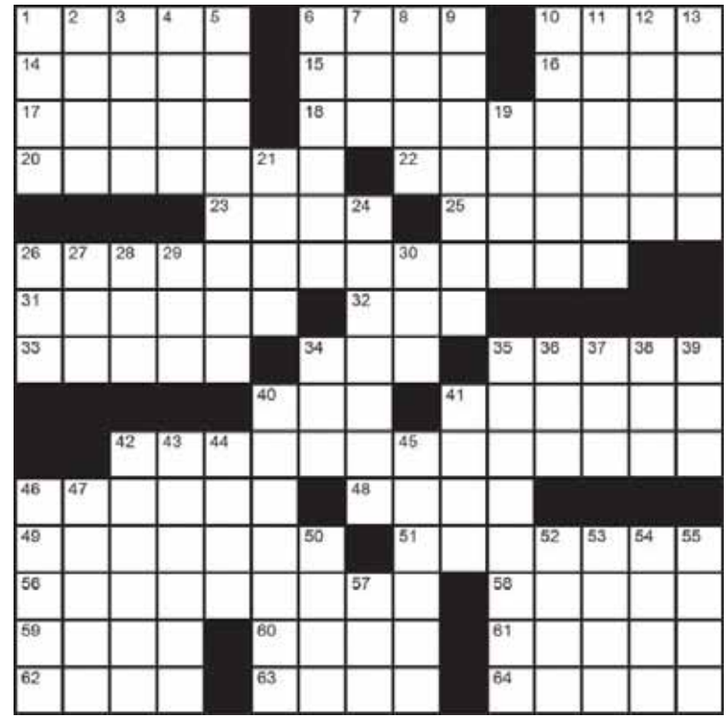
CROSSWORD
Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Flavouring in Greek aperitif Ouzo
6. Shake off
10. Flippant
14. Jesters
15. Auth. unknown
16. Cheese variety
17. House's loft area
18. Where there is a tradition in Ontario of having a motorcycle rally: 2 wds. (More at #42-Across!)
20. Adjust again
22. Ancient three-levels-of-oars Mediterranean ship
23. Winnie-the-Who?
25. Admission
26. Finely-fitted or furnished
31. Bypasses
32. Word: French
33. "Beau _" (1939) starring Gary Cooper
34. Big load, variantly
35. Ada's love in "Cold Mountain" (2003)
40. Grass appendage
41. Paradise
42. #18-Across' biker event takes place each _ _ _ (Superstition!)
46. Nike logo
48. Shakespeare... The Tragedy of Othello, the _ of Venice
49. Collaborator
51. Not deep
56. Big bird of the sea
58. Greyish-brown
59. "SCTV" bit
60. Duellist's need
61. Acclamation
62. Built
63. Meadow's morning moisturizers
64. Some computers

DOWN
1. Way off in the distance, posh-style
2. Memo
3. 9th Greek alphabet letter
4. Dropped in standings
5. Fun adventure
6. Electronics store purchase
7. Religious song: "Lead _, _ King Eternal"
8. Variety
9. Signed-up competitor
10. Sensation felt skyrocketing in space
11. Made the riverbanks resistant to rising waters
12. Articles
13. Unmasks
19. Word meanings reference book, briefly
21. Bursts the balloons
24. Same-sounding word as another word, but with a different meaning (Two vs. Too)
26. Fido's flick of the tail
27. Nightfall
28. _ Angeles
29. Candle with a flame status
30. 'Opt' suffix
34. Former plane letters
35. Emphasized an important point
36. Place atop the Billboard chart, _. _
37. Music file format
38. Small island
39. Thumbs-down utterance
40. Stuck to the rules
41. "Here comes trouble!"
42. Prohibit
43. Go around
44. "_ It Romantic" by Ella Fitzgerald
45. Shuffles the garden salad
46. Muscle cramp
47. _-_-thon (Fund-raising event)
50. Anchor's attachment
52. Needlework creation
53. Period of calmness
54. Iridescent gem
55. Soaks
57. Hem pants, for instance

IT'S ALL IN THE STARS
by Sally Brompton

Aries March 21 - April 20
You are hugely ambitious and you don't mind when the pressure is on — in fact you thrive on it. What happens next will give you the opportunity to prove yourself. Be amazing.

Taurus April 21 - May 21
No matter how many times you've failed in the past you'll make up for it simply because you believe in yourself and refuse to give up. Your staying power is legendary and guarantees success.

Gemini May 22 - June 21
You have been too cautious of late but as from today you will go to the other extreme and take risks left, right and centre. Whether or not you are right to do so remains to be seen.

Cancer June 22 - July 23
You have been generous lately, both with your time and money, but now you have to put your own needs first. The planets warn that you must not give to others what you need for yourself.

Leo July 24 - Aug. 23
If you have fallen behind in your workload you must make an effort to catch up or revise your schedule so that you are not under so much pressure. Are the deadlines necessary?

Virgo Aug. 24 - Sept. 23
If your efforts are yielding ever smaller results it is a sure sign you have pushed yourself too hard and need to slow down. Strike a balance between your work and your wellbeing.

Libra Sept. 24 - Oct. 23
Your self-belief may have taken a hammering but soon you will be back to your best. However, don't start believing that nothing can go wrong. Over-confidence could lead to disaster.

Scorpio Oct. 24 - Nov. 22
You are more sensitive than people imagine and what happens today will affect you deeply. Put on a brave face and make it appear as if you are in full control but open up to someone you trust as well.

Sagittarius Nov. 23 - Dec. 21
You may not have been your usual sunny self but today's link between Mercury, planet of the mind, and Jupiter, your ruler, will inspire you.

Capricorn Dec. 22 - Jan. 20
Spend less time thinking about what might go wrong and more time enjoying what's going right. Something will happen to make sure you realize just how lucky you are.

Aquarius Jan. 21 - Feb. 19
You have put up with a lot recently and although there were times you almost gave up you kept on battling. Soon you will get your reward.

Pisces Feb. 20 - March 20
You will come to the aid of someone in need today and it will do you both a lot of good. Selfless actions always come back to the person who makes them and some day someone will help you when you most need assistance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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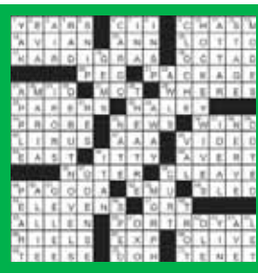

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1	5	2	9	8	4	7	3	6
7	9	6	1	5	3	4	2	8
4	8	3	2	6	7	5	9	1

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ESSENTIALS PLUS 90S WINDBREAKER

Classic '90s styling — plus urban colors, comfy stretch fabric and both zip and kangaroo pockets for stashing cash, phone and keys. Wind resistant. Mesh hood and lining.

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The iconic shoe, a favorite for good reason. Retro colors, kick-back style.

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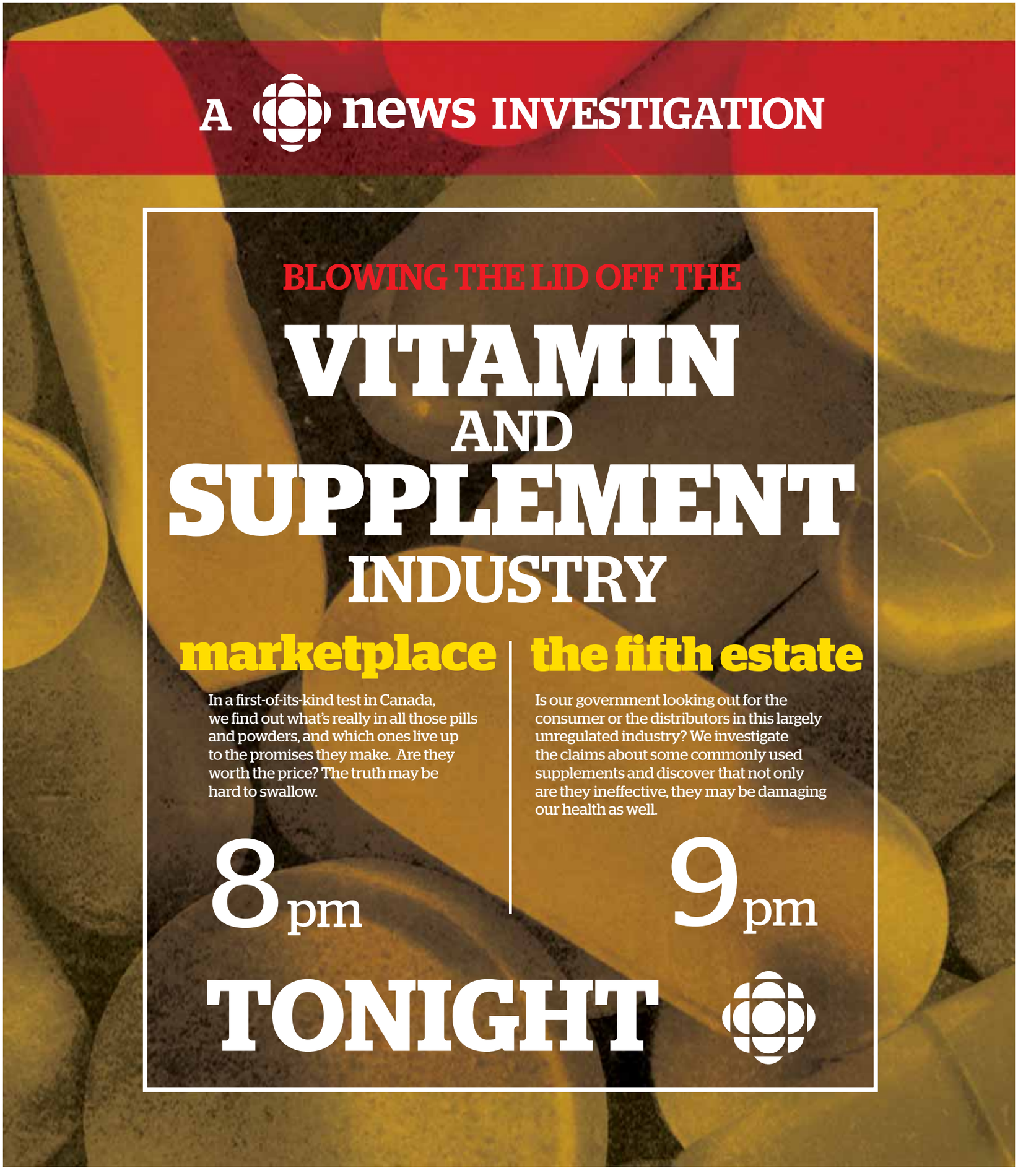
A news INVESTIGATION
BLOWING THE LID OFF THE
VITAMIN
AND
SUPPLEMENT
INDUSTRY
marketplace
In a first-of-its-kind test in Canada, we find out what's really in all those pills and powders, and which ones live up to the promises they make. Are they worth the price? The truth may be hard to swallow.
8 pm
the fifth estate
Is our government looking out for the consumer or the distributors in this largely unregulated industry? We investigate the claims about some commonly used supplements and discover that not only are they ineffective, they may be damaging our health as well.
9 pm
TONIGHT